



**Sinai Urban Health Institute**  
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## Five Common Myths

HTTP://WWW.SURGEONGENERAL.GOV/TOBACCO/5MYTHS.HTM

### Myth 1: Smoking is just a bad habit.

**Fact:** Tobacco use is an addiction. According to the U.S. Public Health Service Clinical Practice Guideline, *Treating Tobacco Use and Dependence*, nicotine is a very addictive drug. For some people, it can be as addictive as heroin or cocaine.

### Myth 2: Quitting is just a matter of willpower.

**Fact:** Because smoking is an addiction, quitting is often very difficult. A number of treatments are available that can help.

### Myth 3: If you can't quit the first time you try, you will never be able to quit.

**Fact:** Quitting is hard. Usually people make two or three tries, or more, before being able to quit for good.

### Myth 4: The best way to quit is "cold turkey."

**Fact:** The most effective way to quit smoking is by using a combination of counseling and nicotine replacement therapy (such as the nicotine patch, inhaler, gum, or nasal spray) or non-nicotine medicines (such as bupropion SR). Your health care provider or smoking cessation clinic is the best place to go to for help with quitting.

### Myth 5: Quitting is expensive.

**Fact:** Treatments cost from \$3 to \$10 a day. A pack-a-day smoker spends almost \$1,000 per year. Check with your health insurance plan to find out if smoking cessation medications and/or counseling are covered.

## Cessation Resources



The Breathing Freedom North Lawndale Smoking Cessation Project offers **FREE** Smoking Cessation Workshops, 1-on-1 clinic sessions with a doctor, support group, and Faith-Based collaboration throughout the North Lawndale community area.  
**Helpline: 773-257-2399**  
**Email: BreathingFreedom@sinai.org**



The Quitline is sponsored by the Illinois Department of Public Health. It is a toll-free, confidential service that connects smokers with trained counselors who can guide and support you through the quitting process.

**1-866-QUIT-YES (1-866-784-8937)**

## BREATHING FREEDOM & NORTH LAWDALE

**Breathing Freedom** is a multi-faceted community-based smoking cessation intervention of the Sinai Urban Health Institute focused on serving Chicago's Westside communities, particularly North Lawndale. The program features direct community outreach, clinical intervention, smoking cessation workshops, promotion of the Illinois Tobacco Quitline and a media campaign. According to data obtained from Sinai Urban Health Institute's Improving Community Health Survey, smoking is a serious problem in the North Lawndale community. More adults in North Lawndale community smoke than any other Chicago community. About 21 percent of U.S. adults smoke, compared with 39 percent in North Lawndale, and 19 percent overall for the state of Illinois. This is alarming considering the last time the United States as a whole smoked at a rate as high as 39 percent was 1970. That means North Lawndale is more than 30 years behind the rest of the country.

For more information on the Breathing Freedom – North Lawndale Smoking Cessation Program contact:  
 Charlene J. Gamboa, MPH, Smoking Cessation Project Coordinator 773-257-5105



**Breathing Freedom**

"Working Together to Live Tobacco Free"

# Pregnancy & Smoking

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## The Perfect time to Quit!

**THERE'S NEVER BEEN A BETTER TIME TO QUIT.**

\*\*\*\*\*

*If you are pregnant and a smoker, the best thing that you can do to ensure the good health of your unborn child is to quit. When you are pregnant, you truly are breathing for two, and when an expecting mother smokes, so does the baby. Such poisons as nicotine and carbon monoxide are absorbed into the placenta and inhibit food and oxygen from reaching your baby.*

*Pregnancy is a great time to quit smoking and to stay smoke-free after the baby is born. This guide provides you with the tools and resources to learn about smoking and pregnancy, and tips on how to quit.*



**Over 40 Million People have Quit Smoking,**

**And So Can you!**

## Why should you Quit?

### Baby Benefits:

*Cigarette contains over 4,700 chemicals. When mom smokes these chemicals enters into the baby's blood and can harm the baby and limit the baby's growth.*

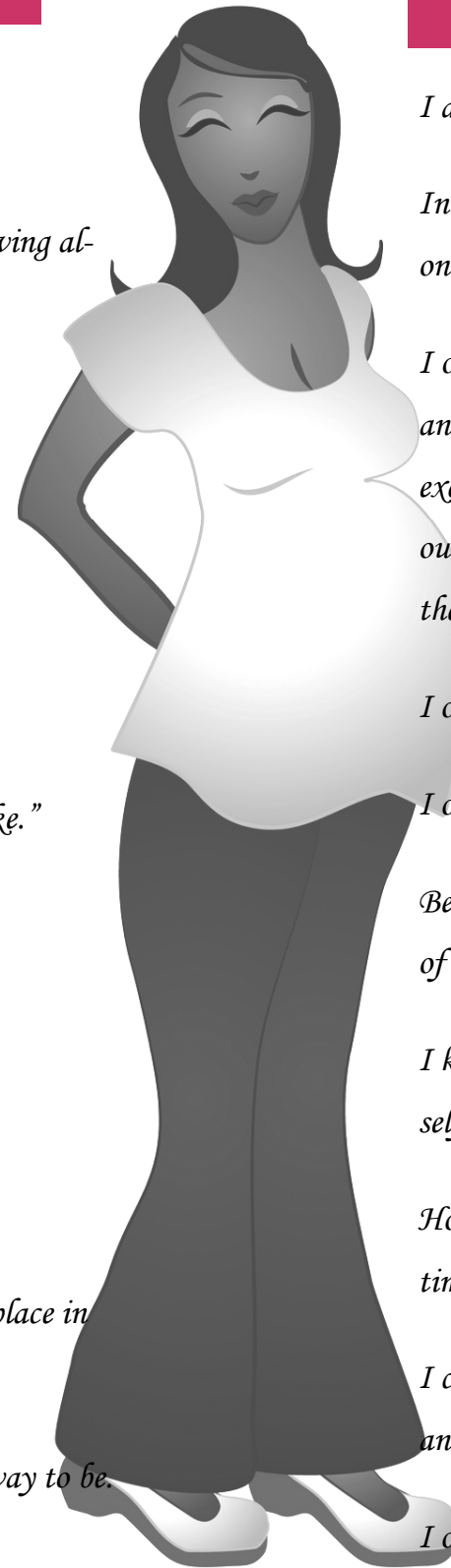
### When Mom stop's smoking it:

- ✓ Increases the amount of oxygen your *baby* will get
- ✓ Increases the chances your *baby's* lungs will work well
- ✓ Lowers the risk that your *baby* will be born too early
- ✓ Increases your chances of having a normal weight, healthy *baby*
- ✓ Increases the chances your *baby* will come home from the hospital with you

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## Positive Self Talk

- ≈ Taking care of my body is important to me. I like to keep fit and feel good.
- ≈ I have more energy than ever before. I enjoy life and I'm glad to be here.
- ≈ I'm able to reach any goal I set for myself. I see, in my mind, a clear picture of myself having already reached that goal. I dream it, I see it often, and I reach it.
- ≈ I exercise regularly. I keep myself fit and healthy. I am enjoying a lifetime of energy.
- ≈ I can relax, feel good, breathe deeply and fully, and enjoy being a healthy nonsmoker.
- ≈ People enjoy being around me. I have confidence. I like myself, and it shows!
- ≈ I do not smoke. My lungs can be strong and healthy. I can breathe deeply and fully.
- ≈ I am a non-smoker, and I'm proud of myself.
- ≈ When I see a cigarette, or even think of one, right away I hear the words, "I do not smoke."
- ≈ I am in control of myself and everything I do. I always do what's best for me.
- ≈ I really enjoy breathing clean, fresh air, being healthy and being in complete control of my body and mind.
- ≈ All my senses are clear and alive. My sight, sense of smell, hearing, taste, and even my touch are more alive than ever before.
- ≈ I do not see smoking as strong, smart or sexy. I see it for what it really is, and it has no place in my life.
- ≈ Being a non-smoker is easy for me. After all, I was born that way, and it's the natural way to be.



## My Declaration of Self-Esteem

*I am me.*

*In all the world, there is no one else exactly like me. There are people who have some parts like me, but no one adds up exactly like me. Therefore, everything that comes out of me is mine because I alone chose it.*

*I own everything about me – my body, including everything it does and all its thoughts and ideas; my eyes and everything they see; my feelings, whatever they are — anger, joy, frustration, love, disappointment, excitement; my mouth, and all the words that come out of it – polite, sweet or rough, correct or incorrect; my voice, loud or soft; and all my actions, whether they be to others or to myself.*

*I own my dreams, my hopes, my fears.*

*I own all my triumphs and successes, all my failures and mistakes.*

*Because I own all of me, I can love and be friendly with me in all parts. I can then make it possible for all of me to work in my best interests.*

*I know there are things about me that I don't understand. But as long as I am friendly and loving to myself, I can courageously get to know myself better.*

*However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is me. I can choose to keep what I like about myself and change what I don't like.*

*I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to give and take, and to make sense out of the world of people and things outside of me.*

*I own me and, therefore, I am in charge of me.*

*I am me and I am okay.*

*(Adapted from "My Declaration of Self-Esteem" by Virginia Satir.)*

## Health Effects of Smoking on Mom & Baby

❖ According to the Center for Disease Control and prevention, women who smoked during pregnancy were about 70 percent more likely to have a low birth weight baby (11.9 percent of smokers had a low birth weight baby compared to 7.2 percent of nonsmokers.)

❖ It is estimated that 11 to 20 percent of pregnant women smoke.<sup>1</sup> Smoking while pregnant puts both mothers and their babies at risk for a host of health complications, including:

✓ Women who smoke are less likely to become pregnant as compared to nonsmokers.

✓ The negative effects of smoking on fertility can be reversed once a

woman has quit smoking.<sup>2</sup>

✓ Smoking during pregnancy accounts for up to 10 percent of all infant deaths.<sup>3</sup>

✓ Women who smoke during pregnancy are twice as likely to have a low birth weight baby.<sup>4</sup>

✓ Pregnant smokers are more likely to deliver their babies prematurely.<sup>5</sup>

✓ Women who smoke are less likely to breastfeed than nonsmokers. They are also more likely to wean earlier if they breastfed.<sup>6</sup>

❖ Smoking after the baby is born can also pose risks for mother, child and other household members.

❖ Environmental Tobacco Smoke, also known as secondhand smoke, can contribute to the following:

✓ Upper respiratory infections in mothers and babies.<sup>7</sup>

✓ An increase in the risk of Sudden Infant Death Syndrome (SIDS). In fact, it is estimated that between 22 and 41 percent of SIDS cases are attributable to tobacco use.<sup>8</sup>

✓ Ear infections, impaired lung function, asthma<sup>9</sup>, and stunted growth<sup>10</sup> in children exposed to secondhand smoke in the home.

Sources: [The National Partnership for Smoke-Free Families](#).

1 U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General. (2001). *Women and Smoking: a report of the Surgeon General*. Rockville, MD: U.S.D.H.H.S

2 Matthews T.J. Smoking during pregnancy in the 1990s. *National Vital Statistics Reports*; vol. 49 no. 7.

3 U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General. (2001). *Women and Smoking: a report of the Surgeon General*. Rockville, MD: U.S.D.H.H.S

4 Matthews T.J. Smoking during pregnancy in the 1990s. (2001) *National Vital Statistics Reports*, 49(7), 4.

5 U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General. (2001). *Women and Smoking: a report of the Surgeon General*. Rockville, MD: U.S.D.H.H.S

6 Ibid.

7 U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General. (2001). *Women and Smoking: a report of the Surgeon General*. Rockville, MD: U.S.D.H.H.S

8 DiFranza et al. (1995) Effect of Maternal Cigarette Smoking on Pregnancy Complications and Sudden Infant Death Syndrome. *Journal of Family Practice*, 40: 385-94.

9 National Center for Tobacco-Free Kids. (2000)

10 U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General. (2001). *Women and Smoking: a report of the Surgeon General*. Rockville, MD: U.S.D.H.H.S

## Smoking and Men

### "When Dad smokes—Everyone smokes"

If you are a man who smoke, your smoking impacts your entire family: Mom, the unborn baby, the other children, and yourself. Your smoking is secondhand smoke /environmental tobacco smoke:

✓ Secondhand smoke contains many of the same chemicals that are present in the smoke inhaled by smokers. Secondhand smoke causes about 3,000 deaths each year from lung cancer in non-smokers<sup>1</sup>.

✓ Because secondhand smoke is generated at lower temperatures and under different conditions than direct smoke, it contains higher concentrations of many of the toxins found in cigarette smoke<sup>2</sup>.

### Other Health Effects

Many medical experts believes smoking contributes to impotence<sup>3</sup>

Impotence (or *erectile dysfunction*) is defined as the inability to achieve or maintain an erection sufficient for sexual intercourse, and includes the inability to get an erection as a result of sexual stimulation or to lose your erection prior to ejaculation.

Smoking directly impacts the brain, blood flow, the spin, nerves, hormones, muscles — the interactive system required for sexual function. The more you smoke, the greater chances of impotence.



For more information, visit <http://www.pbs.org> and click on transcripts.

Source: 1 American Lung Association. Secondhand Smoke and your Family. <http://www.lungusa.org/site/pp.asp?c=dvLUK900E&b=39858>

2 Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. U.S. Department of Health and Human Services. Accessed on March 11, 2008 at <http://www.surgeongeneral.gov/library/secondhandsmoke/factsheets/factsheet1.html>

3 California Department of Health Services, Tobacco Control Section. Accessed on March 13, 2008 at <http://www.dhs.ca.gov/tobacco/documents/pubs/FactSheetImpotence.pdf>

## Immediate Health Benefits to Quit

**20 minutes after quitting:**  
Your heart rate and blood pressure drops

**8-12 hours after quitting:**  
The carbon monoxide level in your blood drops to normal

**24 hours after quitting:**  
Chances of heart attack decreases

**48 hours after quitting:**  
Nerve endings start to re-grow, ability to smell and taste improves

**72 hours after quitting:**  
Bronchial tubes relax making breathing easier

**2 weeks to 3 months after quitting:**  
Your total circulation improves and your lung function increases

**1 to 9 months after quitting:**  
Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection

**1 year after quitting:**  
The excess risk of coronary heart disease is half that of a smoker's

**5 years after quitting:**  
Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting

**10 years after quitting:**  
The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease

**15 years after quitting:**  
The risk of coronary heart disease is that of a non-smoker's

Sources: [American Cancer Association](#); [American Lung Association](#); [US Surgeon General's Report, 1990](#)

## Why should you Quit?

Continued from cover



### Mom Benefits:

- ✓ Gives you more energy and helps you breath easier
- ✓ Saves you money that you can spend on other things
- ✓ Makes your food taste better
- ✓ It lets you feel good about what you've done for yourself and your baby

*Quitting smoking early in pregnancy is best, but quitting at any time will help you and your baby. It's never too late to quit smoking during your pregnancy. Your prenatal health care team can tell you more about the benefits of quitting for you and your baby.*

## Quick Steps to Quit!

### Step One

- List your reasons to quit and read them several times a day.

### Step Two

- Wrap your cigarette pack with paper and rubber bands. Each time you smoke, write down the time of day, how you feel, and how important that cigarette is to you on a scale of 1 to 5.
- Rewrap the pack.

- Keep reading your list of reasons and add to it if you can.
- Don't carry matches, and keep your cigarettes out of easy reach.
- Each day, try to smoke fewer cigarettes, and try not to smoke the ones that aren't most important.

### Step Three

- Continue with Step Two. Set a target date to quit.

- Don't buy a new pack until you finish the one you're smoking.
- Change brands twice during the week, each time for a brand lower in tar and nicotine.

- Try to stop for 48 hours at one time.

### Step Four

- Quit smoking completely.
- Throw out all cigarettes and matches.
- Hide lighters and ashtrays.
- Stay busy!
  - Go to the movies, exercise, take long walks.
- Avoid situations "triggers" you relate with smoking.
- Find healthy substitutes for smoking.
  - Carry sugarless gum
  - Munch carrots or celery
  - Do deep breathing exercises

# QUIT PLAN WORKSHEET

Use the following 10 step questionnaire to assist you in developing a successful quit.

1. Why do I want to quit?

\_\_\_\_\_  
\_\_\_\_\_

2. What are the benefits of quitting?

\_\_\_\_\_  
\_\_\_\_\_

3. When I tried to quit in the past, What helped? What didn't help?

\_\_\_\_\_  
\_\_\_\_\_

4. I crave tobacco when I do these routine activities:  
(Examples: After lunch or while you're reading the newspaper)  
What time of day Activity

\_\_\_\_\_  
\_\_\_\_\_

5. When I am in a situation that will make me want to smoke, I will:

\_\_\_\_\_  
\_\_\_\_\_

6. These are the people who will support me when I need someone to talk to about my quitting process?

\_\_\_\_\_  
\_\_\_\_\_

7. When I go through the recovery process, I will:

Recovery Symptoms	Activity
_____	_____
_____	_____

8. I may consider using medication to help me succeed?  Yes  No

I consulted with my doctor on: \_\_\_\_\_  
Date

My Doctor Recommended/Prescribed: \_\_\_\_\_

Instructions on how to properly take the medication: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

9. How will I reward myself for staying tobacco-free? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

10. My quit date be is: \_\_\_\_\_